

HSC Health Pediatrics Resource Guide

Part of the HSC Whole Health Initiative

NAME	ADDRESS	PHONE	INSURANCE ACCEPTED	AGE TREATED	TYPES OF THERAPY OFFERED	NOTES	APPT TYPE
ACH Child & Family Services	3712 Wichita St, Fort Worth, TX 76119	817-335-4673	Free services for up to 6 months	6-17yo	Counseling and skill-building classes	For families and children going through crisis or short-term struggles; also have locations in Parker, Palo Pinto, Johnson, and Hill Counties	Virtual or In-Person
ACTS of Change Counseling and Coaching	190 Private Rd. 4435, Rhome, TX 76078	817-877-6748	Private pay only- sliding scale		Pastoral Counseling, Christian Counseling, Group Counseling, Life Coaching	Christian focused and driven	Virtual
Alliance Child and Family Solutions	Fort Worth (76104), Arlington, and Southlake	817-851-2042 Fax: 817-405-3364	Medicaid/CHIP (Aetna, Cooks, Cigna, Superior, Parkland, TMHP), Ambetter, Tricare, BCBS, S&W, Aetna, Cigna, Magellan, Humana, Medicare, Molina, United Healthcare, financial assistance available	All ages	Brain-based counseling, CBT, DBT, EMDR, play therapy, TBRI	Spanish available	Virtual or In-Person
Authentic Counseling and Coaching Center	601 University St. Suite 112, Fort Worth, TX 76107 OR 3309 Winthrop Ave, Ste. 90, Fort Worth, TX 76104	817-330-9656 Fax: 817-841-1933	Medicaid/CHIP, BCBS, Beacon, Cigna, Superior, Aetna, Amerigroup, private pay (\$40-\$200 hr.), sliding scale (\$40-\$85 hr.)		Individual therapy, play therapy, family therapy, anger management, couples therapy, EMDR, trauma-based counseling, IDD counseling	Also has an office in Arlington, bilingual available, faith-based	
Brightstar Counseling and Psychiatry	3901 Airport Fwy, Ste. 230, Bedford, TX 76022	817-354-5200 Fax: 682-227-2812	TMHP, Cook Medicaid, Amerigroup, BCBS, Healthselect, Tricare, Aetna, Cigna	3+	Individual & family counseling		
Catherine West		817-247-3319	BCBS				
Center for Counseling & Family Relationship	4500 Mercantile Plaza Dr, Fort Worth, TX 76137	817-232-9400	Tricare, Aetna, BCBS, Cigna, most major insurance plans	3+	EMDR, individual counseling, birthmother support group, play therapy, filial therapy	Spanish available	
Center for Neuroperformance and Counseling	3861 Long Prairie Rd, Flower Mound, TX 75028	214-286-6018	Aetna, Anthem, Beacon, BCBS, Cigna, Lyra, Magellan, Optum, Oscar, UMR, United Healthcare	6+	CBT, EMDR, mindfulness, REBT, SFBT, vocational rehabilitation therapy, individual counseling, group therapy, couple therapy social skills training, biofeedback, neurofeedback	Also locations in Denton and Lewisville; Specialties: ADHD, Autism, Anxiety	Virtual or In-Person
Connections Wellness Group		940-394-8507	BCBS, Aetna, Cigna, Tricare, Magellan, Humana, Optum, UHC, BS&W, Bright Health Care		Counseling, Psychiatry, PHP/IOP	Locations in Arlington, Denton, Flower Mound, Frisco, Keller, Mansfield, McKinney, Plano, Prosper, Rockwall, Southlake, Willow Park	
Divergent Paths Counseling and Wellness	5608 Malvey Ave, Ste. 221, Fort Worth, TX 76107	817-825-3117 Fax: 682-841-1191			Individual, family, couples, and group therapy		
DLR Counseling- Danny L. Ross	1201 North Watson Rd, Ste. 100-F, Arlington, TX 76006	817-989-6332	Medicaid (Aetna, Amerigroup, and Cooks), Tricare, BCBS, Beacon, Cigna, Ambetter		Individual, couples, & group counseling, training/public speaking	Emphasis on trauma, grief, black men, men; services available in Southlake, Dallas, Fort Worth, & Arlington	Virtual

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Dynamic Hope Counseling	6105 Denton Highway, Ste. 80, Haltom City, TX 76148	817-797-1824 Fax: 833-245-8179	Medicaid (Aetna), CSHCN, BCBS, Aetna	All ages	Individual therapy, play therapy, group counseling		Virtual or In-Person
Family Counseling Center	3617 W. Pioneer Pkwy, Arlington, TX 76013	817-275-3617	Medicaid (Aetna, Amerigroup, and Cooks), most major insurance plans, private pay-sliding scale	Adolescents & Adults	Play therapy, individual counseling, family therapy, group therapy	Prefer face-to-face, but virtual is still available	Virtual or In-Person
Grace Counseling	7535 Oakmont Blvd, Fort Worth, TX 76132	844-564-0712	Most major insurance including Aetna, Superior, BCBS, United, Cigna, and some Medicaid		Addiction treatment, mental health counseling, and physical wellness, IOP treatment	Additional location in Lewisville	
Green Light Counseling Center	602 Strata Circle, Suite 122, Mansfield, TX 76063	817-690-2842	Imagine Health, Aetna, Beacon, BCBS, Cigna, Coventry, Humana, Medicare, S&W	11+	Individual therapy	Spanish available	
Hearts and Minds Counseling	8101 Boat Club Rd, #305, Fort Worth, TX 76179	817-203-4479	Aetna, Anthem, Cigna, BCBS, United Healthcare, Tricare East, Amerigroup, Medicare, private pay (\$125 hr.)	6+	Behavioral therapy, CBT, family/marital therapy, EMDR, SFBT		
Integrated Healthworks	6208 W Poly Webb Rd, Arlington, TX 76016	817-483-0020 Fax: 817-572-6676		12+	Individual psychotherapy, CBT, play therapy, communications facilitators, and court ordered services		Virtual
Keller Heights Counseling & Wellness (Aileen Wainwright)	9500 Ray White, Ste. 200, Fort Worth, TX 76244	817-745-4575	Medicaid (Aetna and Cooks), Amerigroup	12+		LGBTQ Friendly	Virtual
Kyle Bryan	2364 Hwy 287 N., Ste. 101, Mansfield, TX 76063	817-908-8632	Tricare, Medicaid (Amerigroup)	12+	Individual, family, & couples therapy		Virtual Available
Lake Worth Counseling	4516 Boat Club Road, Suite 106, Fort Worth, TX 76135	817-238-0106 or 817-238-7473 Fax: 817-238-8333	Aetna, BS&W, BCBS, Cigna, Optum/United Healthcare, Magellan, Meritain, Tricare	Children, Adolescents, Adults	Individual counseling, family counseling, play therapy, EMDR		Virtual or In-Person
Lena Pope Home	Fort Worth, North Richland Hills, Arlington, Weatherford	817-255-2652 Fax: 817-255-2657	Medicaid (Aetna, Cooks, Amerigroup), many insurance providers, including Medicaid and CHIP	3+	Play therapy, individual counseling	Provides financial assistance based on income and family size for individuals without insurance	Virtual or In-Person
Live Life Counseling	1015 Pennsylvania Ave, Ste. 3, Fort Worth, TX 76104	817-405-9503	Medicaid (Aetna, Cooks, TMHP, Superior, Cigna), Ambetter, BCBS, Cigna, United Healthcare, Tricare		Play therapy, trauma-focused CBT, coping skills development, grief support, anxiety, depression, women's issues		
Logos Counseling	5751 Park Vista Circle, Suite 101, Keller, TX 76244	817-812-2880 Fax: 817-812-3096	Depends on Provider (check list at logoscounseling.com), also have sliding scale	4+	Play Therapy, Individual Counseling, Marital Therapy, Grief, Addiction Counseling	Offices in Keller, Southlake, Bedford, Decatur, Mansfield, and Haslet	

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Mary Anne Brown, LCSW	1706 Santa Fe Dr., Weatherford, TX 76086	817-599-8040	Tricare, Medicaid (Aetna and Cooks)				
MC Wellness	3327 Winthrop Ave, Ste. 205, Fort Worth, TX 76116	817-994-6962 Fax: 817-894-1102	Tricare, Medicaid (Aetna), Cigna, BCBS		CBT, EMDR		
Michelle Gortney	240 E. Renfro St, Burleson, TX 76028	817-913-1517	Medicaid (Aetna, Cooks, Amerigroup)				
Muslim Community Center for Human Services	7600 Glenview, Ste B, Richland Hills, TX 76180	682-715-4849	Free and low-cost		Individual counseling, family counseling, case management	Specializes in depression, anxiety, trauma, family violence, marriage/divorce, parenting, and culturally-specific family system issues	
Monkey Mouths	Hurst, TX	817-479-7019	Private pay only	10+	Only at Hurst location		
New Horizon Counseling	4805 Green Oaks Dr, River Oaks, TX 76114	817-624-1222 Fax: 844-273-0993	Tricare, Medicaid, Superior, Ambetter, Aetna, BCBS, Cigna, United Healthcare, sliding scale	4+	CBT, EMDR, psychotherapy, family, play therapy, therapy boxing	Also locations in Arlington, Cleburne, and North Richland Hills; Spanish therapist available	Virtual or In-Person
Northpointe Psychiatry	Denton, TX	469-444-2244	Medicare and most major insurance plans	12+ (Denton Location Only)	Individual Counseling		
Psychological Services for Children & Families- Donna Campbell, PsyD	3939 West Green Oaks Blvd, Ste. 211, Arlington, TX 76016	682-305-2123	TMHP, Superior, Medicaid (Aetna, Amerigroup, Cooks), sliding scale	Children, Adolescents	Family Therapy, Play Therapy, Individual Psychotherapy, Psychological Evaluations	Medicaid for psychological evaluations only	Virtual or In-Person
Teel Counseling	8101 Boatclub Rd, Ste. 206, Fort Worth, TX 76179	817-307-1367	Medicaid/CHIPS (Aetna, Cooks, Amerigroup) BCBS, Cigna, private pay (\$75 per session)	Children, Adolescents, Adults	Play therapy, individual counseling, Christian counseling, family relationships and parenting, group therapy		Virtual
The Telos Project	1650 West Rosedale St, Ste. 305, Fort Worth, TX 76104	682-841-1475 Fax: 682-708-3775	Medicaid (Aetna, Amerigroup, and Cooks), Tricare		Individual Therapy, Family Therapy, Couples Therapy, Parent Coaching, Group Therapy, Support Groups		
Terra Therapies	1706 Enderly Pl, Fort Worth, TX 76104	817-887-9505 Fax: 817-887-9509	Aetna, BCBS, Cigna, Tricare		CBT, DBT, SFT, Narrative Therapy, Trauma Focused-CBT, Play Therapy, Ecotherapy in Nature		
Terri Plaisance	808 Schoolhouse Rd, Ste. 102, Haslet, TX 76052	682-472-2057	Medicaid (Aetna, Cooks, Amerigroup), Tricare	Children, Adolescents, Adults	Play Therapy, Family Counseling, Grief Counseling, Anger Mangement, Career Counseling, Individual Counseling	\$120 per session - Only self-pay available for online counseling	Virtual or In-Person

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Texas Online Counseling	Online	888-317-7021	Aetna, Beacon, BCBS, Cigna, Tricare, United Healthcare, Out of Network Insurance	18+	Individual Counseling, Family Counseling, Marital Counseling, Anger Management, Men's Issues	Texas Residents- \$125 for individual, \$150 for couple	Virtual
The Art Station	1616 Park Place Ave, Fort Worth, TX 76110	817-921-2401	Medicaid (Aetna, Cooks, Amerigroup), BCBS	Most ages		Art therapy	
The Counseling Place	101 South Trinity St, Decatur, TX	469-283-0242 New Patients: 469-283-0340	Medicaid, sliding scale (\$35 to \$100 per session), free therapy for victims of crime		Individual counseling, psychoeducational groups	Free therapy for victims of crime	Virtual
The Enrichment Place	1814 8th Ave, Ste. B201, Fort Worth, TX 76110	817-899-0306	Medicaid (Aetna, Amerigroup, and Cooks), Tricare		Individual Counseling, Psychoeducation, Community Wellness	Offer a free 6 hour parenting class	Virtual or In-Person
The Oak Inside	8821 Davis Blvd, Suite 310, Keller, TX 76248	817-492-5105	BCBS PPO, Cigna	3+	Individual Counseling, Parent Consultation, Family Counseling, Social Skills Intervention		
The Oaks Life Center	8621 Midcities Blvd, Ste. 300, North Richland Hills, TX 76182	682-312-8184	Tricare, Medicaid (Cooks, Amerigroup, Aetna, Superior, Cigna, TMHP), BCBS, Aetna, Amerigroup, Cigna, S&W, UnitedHealthcare, Beacon, Private Pay	Children, Adolescents, Adults	Play Therapy, Behavioral Therapy, DBT, Social Skills Groups, EMDR, Couples Counseling	Also location in Lake Worth	Virtual or In-Person
The Parenting Center	2928 W. 5th St, Fort Worth, TX 76107	817-332-6348 Fax: 817-332-6489	Aetna, Cook, Amerigroup, Superior, Ambetter, Tricare	2+	Play Therapy (age 2-8), Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Theraplay, Trust-Based Relational Interventions (TBRI)	Therapists are specifically trained to work with divorce, anger management, parenting issues, family systems, victims of abuse or neglect, and other forms of trauma. Counseling is provided in both English and Spanish	Virtual Only- 8-12 week waitlist for counseling with insurance as of 2/9/21
The Warm Place	809 Lipscomb St, Fort Worth, TX 76104	817-870-2272	No cost	3 1/2-25 yo	Grief group counseling	Groups in 10-week sessions, must have been 6+ months since death	Virtual
Trauma Support Services of North Texas	210 S. Cedar Ridge Dr, Ste. C-100, Duncanville, TX 75116	817-378-7158 or 972-709-4904	Insurance or free/low cost	3+	Individual therapy, group therapy, play therapy, family therapy, education groups, adult/child grief groups	Survivors or witnesses of traumatic events	
Upside Therapy and Evaluation Center	1255 W. 15th St, Ste. 320, Plano, TX 75075	469-708-9021	Out of Network with all Insurance	Children, Adolescents, Adults	Group Therapy, Individual Therapy, Family Therapy, LGBTQ Affirmative Treatment, Parent-Child Relationship Therapy	Autism, LGBTQ Affirmative Treatment offered	Virtual or In-Person
Ward Counseling	3309 Winthrop Ave, Ste. 100A, Fort Worth, TX 76104	682-970-6546	Medicaid (Aetna and Amerigroup), Tricare, Anthem, Beacon, BCBS, Cigna, GHEA, Humana, Magellan, Molina, Multiplan, Optum, Oscar, UMR, United Healthcare	14+	CBT, DBT, EMDR, Family Counseling, Marital Counseling, Person Centered, Psychoanalytic, SFBT, Trauma Focused		Virtual or In-Person
Worth Therapy	1701 River Run, Suite 912, Fort Worth, TX 76107	817-888-1011	No Insurance Accepted		Parent Training, Individual Therapy, Group Therapy		